

In September 2018, I wrote that there are two states of being. I can either be in a beautiful state or a state of suffering. I learned about this concept from David Bayer and honestly, it boils down to connection vs. disconnect in our lives.

When we are connected we enjoy hope, gratitude, joy, compassion, peace, calm, courageousness, confidence, excitement, optimism, celebration, and curiosity.

Conversely, when we are disconnected we suffer through stress, anxiety, overwhelm, disappointment, boredom, anger, impatience, jealousy, worry, sadness, rage, and irritation.

How do we attain new beliefs and find that connection?

There are four phases:

Phase 1: Elimination

We have to clarify what we want in every area of our lives. We can't divorce ourselves in pursuit of one area.

We also need to identify ALL of the resistance AKA LIMITING BELIEFS we have around our goals, our vision, and our potential.

We need to learn the philosophy, tools, and tech to permanently eliminate negative and limiting beliefs that are preventing us from reaching the next level of success. All of us have an experience file, and those experiences need to serve a purpose.

Phase 2: Transformation

One size does not fit all. The goal is to be our healthiest selves, and that may look very different from one person to the next.

Design a psychological blueprint that is congruent with the beautiful life you desire.

Implement specific practices and processes to build and strengthen new and habitual patterns of thinking that are aligned with your goals. It is crucial that there is congruency between your actions and words.

Build new habitual pathways that give you access to higher levels of creativity, ideas, intuition, inspiration, resources, and intelligence.

Phase 3: Repetition

Reinforce your Empowering Beliefs through DAILY practice and specific scientifically based "super rituals." Use your Take Back Your Life Journal to create morning and evening rituals, practice gratitude, visualize your goals, and use your Quote Deck.

Connect and build accountability and partnership with others. Find a Body Clutter Buddy to hold you accountable.

Get support and coaching.

Phase 4: Immersion

Be part of this incredible community of women. Be active, get involved, and be part of the rising tide.